



When you  
go up,  
your  
blood  
pressure  
goes down.





A flight  
a day may  
keep  
chronic  
disease  
away.





The victory  
is not always  
to the  
swift, but to  
those who  
keep moving.





Physical  
activity will  
add years  
to your life,  
and life to  
your years.





The first  
wealth  
is  
health.

(Ralph Waldo Emerson)





Walking  
up stairs  
burns almost  
5 times more  
calories than  
riding an  
elevator.





In one minute,  
a 150 pound  
person burns  
approximately  
10 calories  
walking up stairs,  
and only 1.5  
calories riding  
an elevator.





There are  
1440 minutes  
in every day...  
schedule 30  
of them for  
physical  
activity.







No  
waiting  
one door  
over.





Small  
steps  
make big  
differences.





Raise your  
fitness level,  
one step  
at a  
time.





Fight fat...

Feel fit...

Frequent  
these  
flights.





Step up  
to a  
healthier  
lifestyle.





Now  
that you  
have  
refueled...

